

Week 1 (March 23rd-March 27th) Social and Emotional Support

Paris I.S.D. Student Support

Paris I.S.D. would like to share resources that provide social and emotional supports to our students and their families during this time. Each week, this resource will be updated with additional links, resources, and information that will support our students here at Paris I.S.D.

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**Talking with
your child
about
Coronavirus**

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

<https://www.brainpop.com/health/diseases/injuriesandconditions/coronavirus/>

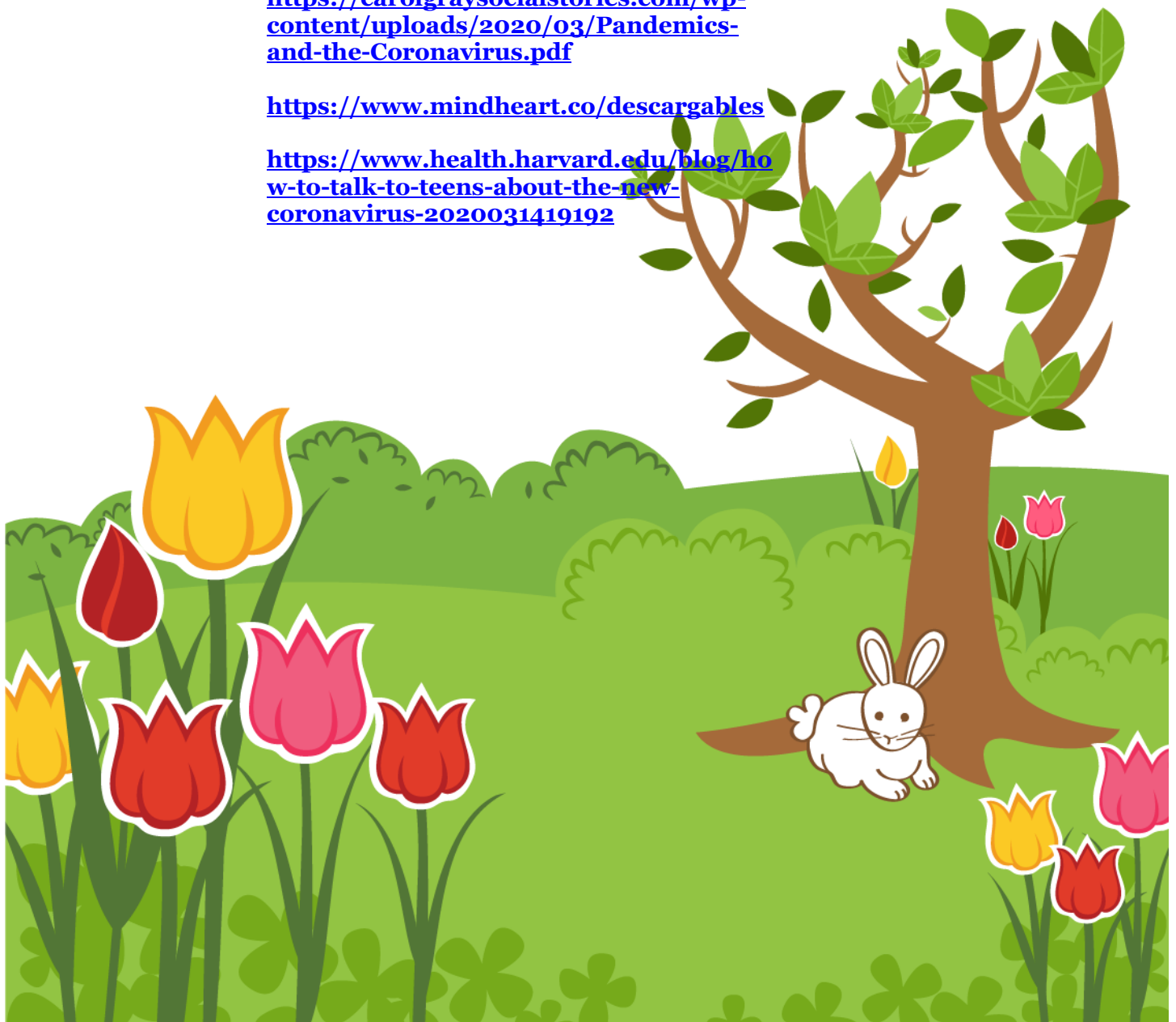
<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources>

<https://www.ppmd.org/wp-content/uploads/2020/03/The-Coronavirus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.mindheart.co/descargables>

<https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>



**Resources
addressing
good hygiene**

<https://www.youtube.com/watch?v=uMbCZfb5k3M&t=14s>

<https://www.smores.com/udqm2-covid-19-preparedness?>

<https://howtoaba.com/wp-content/uploads/2020/03/Washing-Hands-Visual-Schedule.pdf>

<https://youtu.be/qJG72sycQB8>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Resources to address mental health and anxiety with your child <https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic/>
<https://www.rethinked.com/pages/MediaStory?ID=1236>

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

<https://www.samhsa.gov/coronavirus>

<https://www.health.harvard.edu/blog/coronavirus-what-parents-should-know-and-do-2020020518846>

<https://www.apa.org/news/apa/2020/03/psychologist-covid-19>

<https://www.psychologytoday.com/us/blog/think-act-be/202003/anxious-about-the-coronavirus-these-practices-can-help>

<https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=uf9938#uf9939>



<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

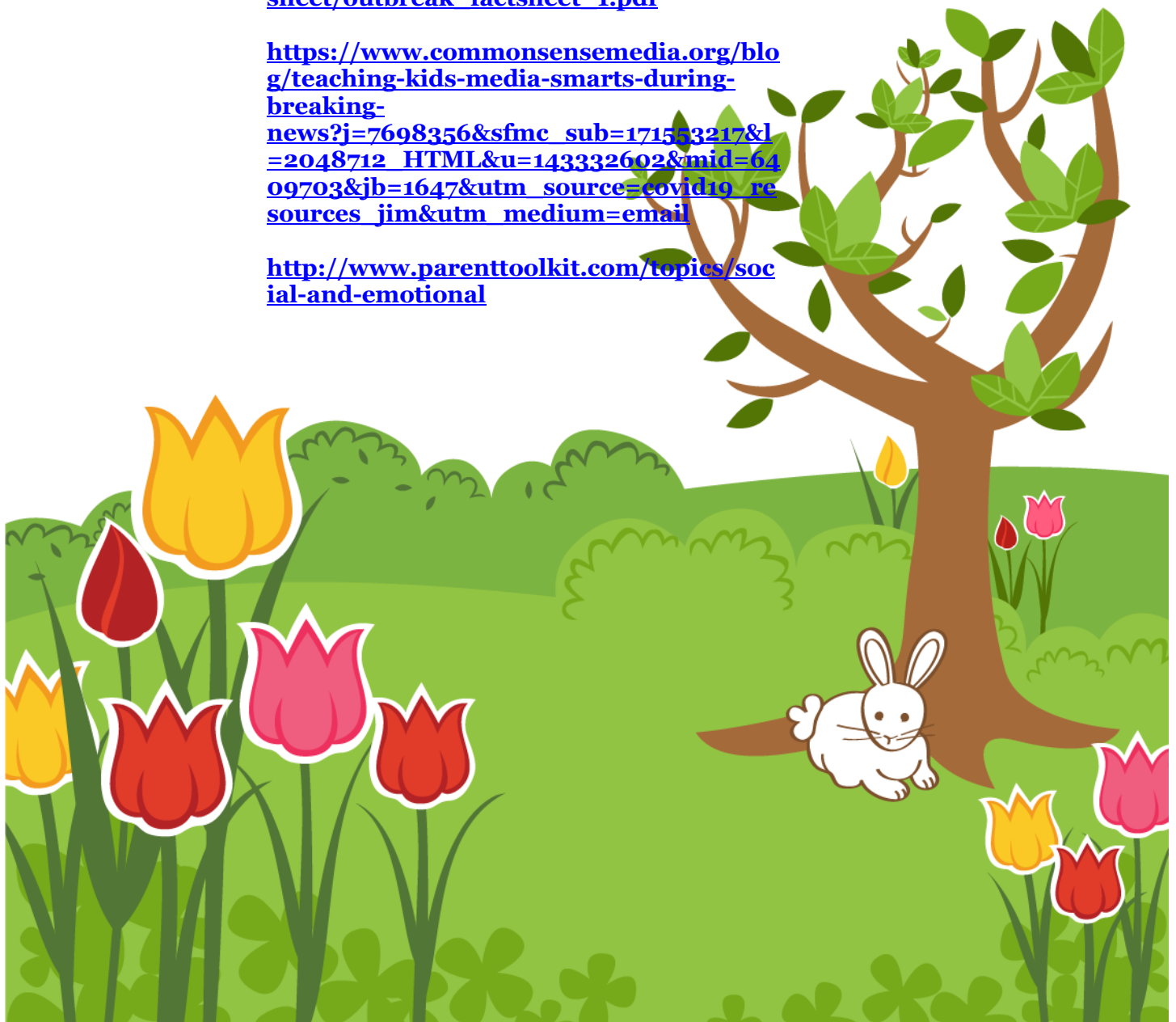
<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

https://static.virtuallabschool.org/atmt/social/FC.Social_3.PreschoolDev_A1.NYC ParentGuideSoc-Emotional.pdf

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

https://www.common sensemedia.org/blog/teaching-kids-media-smarts-during-breaking-news?j=7698356&sfmc_sub=17153217&l=2048712_HTML&u=143332602&mid=6409703&jb=1647&utm_source=covid19_resources_jim&utm_medium=email

<http://www.parenttoolkit.com/topics/social-and-emotional>



<https://www.boystown.org/parenting/Pages/parenting-tools.aspx>

<https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/77/Calm%20down%20yoga%20for%20kids.pdf>

<https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/77/Self-Control-Channel-Changer-Download.pdf>

<https://www.fortbendisd.com/cms/lib/TX01917858/Centricity/Domain/77/Schedule.jpg>

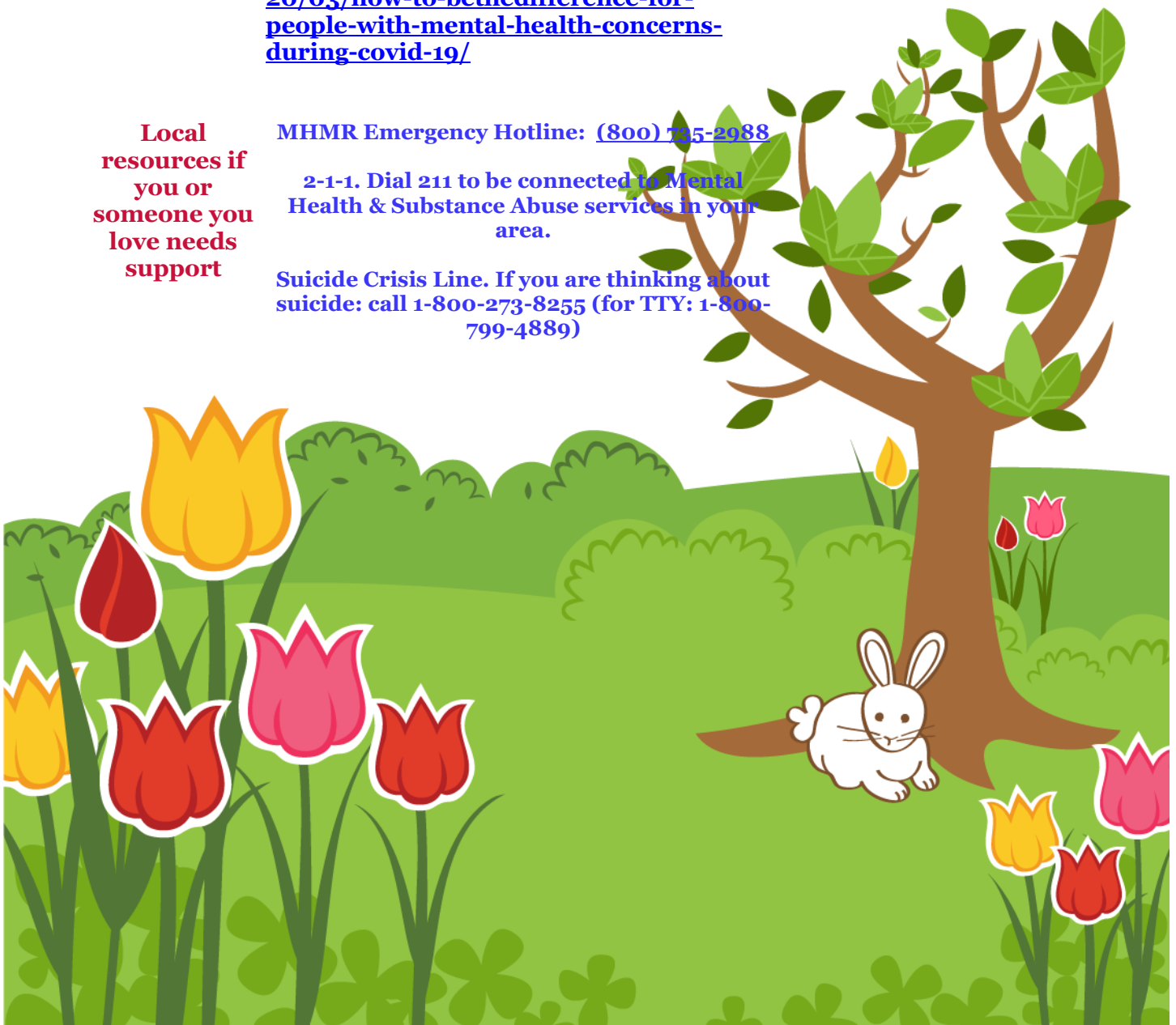
<https://www.mentalhealthfirstaid.org/2020/03/how-to-bethedifference-for-people-with-mental-health-concerns-during-covid-19/>

**Local
resources if
you or
someone you
love needs
support**

MHMR Emergency Hotline: [\(800\) 735-2988](tel:8007352988)

2-1-1. Dial 211 to be connected to Mental Health & Substance Abuse services in your area.

Suicide Crisis Line. If you are thinking about suicide: call 1-800-273-8255 (for TTY: 1-800-799-4889)





**Parents,
Prioritize your ability to
remain regulated for your child
over your ability to
provide them academic instruction.**

**Academics don't protect
your children from trauma.
Your relationship does.**

